



November 2017

CENTER INFORMATION
2531 South 400 East
South Salt Lake City
385.468.3340

TTY use 711
Open: 8:30^{am} - 2:30^{pm}
Monday through Friday

WWW.SLCO.ORG/COLUMBUS

SENIOR TRANSPORTATION
Pick up begins at 8:30^{am}
Rides home begin at 12:30^{pm}
Call for more details
Please call 24 hours in advance

MORNING COFFEE
Coffee, tea, and toast are
available at 8:30^{am}
Donation are greatly
appreciated

LUNCH
Lunch is served M-F
12:00^{pm} - 12:30^{pm}
Suggested donation of
\$3.00 for 60+
Under 60 cost is \$7 pay
at front desk

CENTER STAFF

MELINDA CUDNEY
CENTER MANAGER
MCUDNEY@SLCO.ORG
385.468.3071

RUSSPROGRAM COORDINATOR
ASHIKAOFFICE SPECIALIST
DEECUSTODIAN
MARGARETKITCHEN
PERROKITCHEN
RANDYDRIVER
ALEXDRIVER

SLC SALT LAKE COUNTY
AGING & ADULT SERVICES

Accredited by 
National Institute of
Senior Centers

COLUMBUS Senior Center

Promoting independence through advocacy, engagement & access to resources

Thanksgiving Special Lunch
Thursday, November 17th

Entertainment at 11:00^{am} / Fall River Band



Special Event Menu:

Roast Turkey w/Gravy

Whipped Potatoes - Butter

**Bread Stuffing - Cranberry
Sauce**

Green Beans - Sweet Potatoes

Dinner Roll - Pumpkin Pie

REGISTER at FRONT DESK



Happy Thanksgiving

VETERANS DAY PROGRAM



Thursday, November 9
Entertainment at 11^{am} / Larry Turner

Netflix Schedule

Monday 8:30 - 12:00
 Tuesday 12:30 - 2:30
 Wednesday 12:30 - 2:30
 Thursday 8:30 - 12:00
 Friday 12:30 - 2:30



Let us know your suggestions for shows!

Wii Schedule

Monday 12:00 - 2:30
 Tuesday 8:30 - 12:00
 Wednesday 8:30 - 12:00
 Thursday 12:00 - 2:30
 Friday 8:30 - 12:00



Join the Columbus Wii Bowling Team!

1
 9:00 **ESL Bridging Nepali**
 9:00 Dominos and Canasta
 9:30 Enhance Fitness
 11:00 **Red Hat**
 12:00 **Lunch**
 12:30 **Modified Yoga TBD**
 12:30 **Netflix: The Giver**



2
 9:00 **ESL Picture Bingo**
 9:00 Computer Class (9:00-2:00)
 9:00 Fortis College Dental Hygiene ReCare
 9:30 Pinochle
 9:45 Bingo
 10:00 **U of U Strength Training**
 10:30 **Pickleball**
 11:00 Individual Computer Classes (11:00-2:00)
 11:00 Vital Aging Project "Enjoying the Holidays"
 12:00 **Lunch**

3
 8:45 **Columbus Wii Challenge (8:45-11:45)**
 9:00 Dominos and Canasta
 9:00 Shopping
 9:30 Enhance Fitness
 10:30 Line Dance (till 12:25)
 12:00 **Lunch**
 12:45 **Netflix: Cosmos**



6
 9:00 Dominos and Canasta
 9:30 Enhance Fitness
 10:00 **Harmony Blood Pressure Checks**
 11:00 Mental Health Presentation SLRMC
 12:00 **Lunch**
 12:30 **Modified Yoga TBD**
 12:40 Bingo
 12:45 **Netflix: Mind of a Chef**



7
 9:00 **ESL Bridging Nepali**
 9:30 Pinochle
 10:00 **U of U Strength Training**
 10:00 Tai Chi
 10:30 **Pickleball**
 11:00 ESL
 12:00 **Lunch**
 12:30 Choir
 12:45 Ping Pong

8
 9:00 **ESL Bridging Nepali**
 9:00 Dominos and Canasta
 9:30 Enhance Fitness
 12:00 **Lunch**
 12:30 **Modified Yoga TBD**
 12:30 Legal Consultations ***Register***
 12:30 **Netflix: Finest Hours**



9
 9:00 **ESL Picture Bingo**
 9:00 **Special Computer Class: *REGISTER***
 9:30 Pinochle
 9:45 Bingo
 10:00 **U of U Strength Training**
 10:30 **Pickleball**
 11:00 **Veterans Day Program**
 ♪Larry Turner♪
 11:00 Vital Aging
 11:00 Individual Computer Classes (11:00-2:00)
 12:00 **Lunch**



13
 9:00 Dominos and Canasta
 9:00 Podiatrist Screening Alpine Foot & Ankle
 9:30 Enhance Fitness
 12:00 **Lunch**
 12:30 **Modified Yoga TBD**
 12:40 Bingo
 12:45 **Netflix: Mind of a Chef**



14
 9:00 **ESL Bridging Nepali**
 9:30 Pinochle
 10:00 **U of U Strength Training**
 10:00 Tai Chi
 10:30 **Pickleball**
 12:00 **Lunch**
 12:30 Choir
 12:45 Ping Pong

15
 8:45 **ESL Bridging Nepali**
 9:00 Dominos and Canasta
 9:30 Enhance Fitness
 12:00 **Lunch**
 12:30 **Modified Yoga TBD**
 12:30 **Netflix: Phenomenon**



16
 8:45 **Free Pancake Breakfast (8:45-9:45)**
Join Us & Socialize
 9:00 **ESL Picture Bingo**
 9:00 Computer Class (9:00-2:00)
 9:30 Pinochle
 9:45 Bingo
 11:00 Individual Computer Classes (11:00-2:00)
 10:00 **U of U Strength Training / Gym**
 10:30 **Pickleball**

17
 9:00 Shopping
 9:00 Dominos and Canasta
 9:30 Enhance Fitness
 10:30 Line Dance (till 12:25) in Gym
 11:00 ♪Fall River Band♪
 12:00 **Special Thanksgiving Lunch**
 12:00 **Lunch**
 12:45 **Netflix: Cosmos**



20
 9:00 Dominos and Canasta
 9:30 Enhance Fitness
 11:00 **Jill Smith "Navajo Rug Presentation"**
 12:00 **Lunch**
 12:30 **Modified Yoga TBD**
 12:40 Bingo
 12:45 **Netflix: Mind of a Chef**



21
 9:00 **ESL Bridging Nepali**
 9:30 Pinochle
 10:00 **U of U Strength Training**
 10:00 Tai Chi
 10:30 **Pickleball**
 12:00 **Lunch**
 12:30 Choir
 12:45 Ping Pong

22
 9:00 **ESL Bridging Nepali**
 9:00 Dominos and Canasta
 9:30 Enhance Fitness
 10:15 **Book Source: Agatha Christie**
 12:00 **Lunch**
 12:30 **Modified Yoga TBD**
 12:30 Advisory Committee
 12:30 **Netflix: Barefoot in the Park**



27
 9:00 Dominos and Canasta
 9:30 Enhance Fitness
 12:00 **Lunch**
 12:30 **Modified Yoga TBD**
 12:40 Bingo
 12:45 **Netflix: Mind of a Chef**



28
 9:00 **ESL Bridging Nepali**
 9:30 Pinochle
 10:00 **U of U Strength Training**
 10:00 Tai Chi
 10:30 **Pickleball**
 12:00 **Lunch**
 12:30 Choir
 12:45 Ping Pong

29
 9:00 **ESL Bridging Nepali**
 9:00 Dominos and Canasta
 9:30 Enhance Fitness
 12:00 **Lunch**
 12:30 **Modified Yoga TBD**
 12:30 Advisory Committee
 12:30 **Netflix: Our Souls at Night**



30
 9:00 **ESL Picture Bingo**
 9:00 **Special Computer Class: *REGISTER***
 9:30 Pinochle
 9:45 Bingo
 10:00 **U of U Strength Training**
 10:30 **Pickleball**
 10:30 Dining with Diabetes
 11:00 Individual Computer Classes (11:00-2:00)
 12:00 **Lunch**

Modified Yoga M & W 12:30 - 1:30

“Gratitude is the Best Attitude”

Navajo Rug Presentation



w/ Jill Smith

Monday, November 20th at 11^{am}

Health & Fitness

9:30 M, W, F	Enhance Fitness
12:30 M, W	Modified Yoga
10:00 T, TH	U of U Strength Training
10:00 T	Tai Chi
10:30 T, TH	Pickleball
12:30 T, TH	Ping Pong
10:30 F	Line Dance
10:00 M Nov. 6	Blood Pressure Checks
11:00 TH Nov. 9	Vital Aging Project
9:00 M Nov. 13	Podiatrist \$10 Donation

VITAL AGING PROJECT



“ENJOYING THE HOLIDAYS”

Thursday, November 2nd at 11^{am}

Thanks to the following organizations
for Special November
Presentations & Services

Columbus Library
Salt Lake County Health
Larry Turner
Jill Smith

South Salt Lake Parks & Recreation
Kitchen Ninjas Margaret and Perro
Harmony Home Health
Heart and Soul
Office Especial Ashika
Vital Aging Project - Valley Behavioral
Alpine Foot and Ankle

“U of U” Strength Training



Tuesdays & Thursdays
10:00 - 11:00
Come join us for a great
healthy safe morning lift!